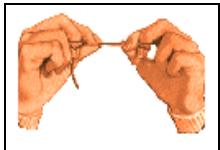


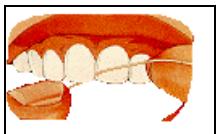
Sidee loo istcmaalaa xasawda ilkaha (Dental Floss)

1. Waxaad goysaa 18-20 iinj (45-50cm) oo xasawda ilkaha ah, kedibna (waxaad qiyaas dhan 12 iinj ama 30cm) ku duubtaa mid ka mid ah farahaaga.



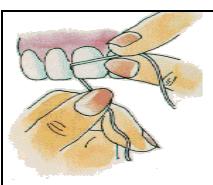
2. Qeybtii soo hadhay ee xasawda ilkaha ahayd waxaad iyadana ku duubtaa farta liddga ee ku taal gacanta kale. Fartanu waxay xasawda ilkaha ka reebeyso wixii wasakh ah.

3. Xasawda ilkaha waxaad si adaag ugu qabataa labadaada suul iyo farahaaga hore, adigoo qiyaas ahaan xasawda isu jirsiineya 3cm gacmaaga dheddooda.



4. Waxaad xasawda dhex gelisaa meelaha ka bannaan ilkahaaga, hase yeeshee xasawda aad ha ugu riixin ilkaha si aysan u dhaawacin cirridkaaga.

5. Ilig kasta xasawda si adag ugu xidh, kedibna ilig kasta dhinacyadiisa kor iyo hoos ugu xoq waxaadna xoqitaankaas ka ilaalisaa in uu cirridka waxyeelo gaadhsiiyo.



6. Qeyb kasta oo ilkaha ka mid ah sidaa ugu celceli, hana illoobin iliga ugu dambeeya dhiniciisa dambe.

7. Ilmaha marka ilkihiisu istaabanyaan ee aan dheddooda burushka la marin karin ayaa xasawda ilkaha lagu nadiifin karaa. Qalab xasawada ilkaha lagu qabto aya carruurta lo heli karaa.

8. Carruurta waxaa u sahan inay isticmaalaan suriin lagu sameeyey xasawda ilkaha. Wuxaan soo qaadata qayb yar oo xasaw ah oo dherkeedu le'eg yahay 10 iinj, markaas si wadajir ah labada faay isugu xidh. Kedibna waxaad xasawda si adag ugu qabata suulasha iyo faraha dheddooda. Carruurta intooda badani ilaa ay 10 sanno gaadhaan, ilkahooda xaswadda kuma nadiifin karaan.

This material was made possible by funds received from the California Department of Health Services, Refugee Health Section, under Grant #99-85832. This brochure was developed by the Alameda County Refugee Health Program.

Ilkahaaga ka dhig kuwa caafimaad qaba

Waa tusmo Walidiinta caruurta leh



August 2000 - Somali

Keep Your Teeth Healthy: A Parent's Guide for Children

Waxaad cuntaa unto caafimaad leh

-  Waxaad cuntaa khudaar iyo furuud badan, jidhkaaga iyo ilkahaaga ayay xoojinayan.
-  Iska ilaali unto sonkor iyo macaan badan leh.
-  Haddii uu ilmahaagu macmacaan uu cuno, isla markiiba u caday.

Waxaad isticmaashaa burushka ilkaha u haboon

-  Burushka ilmaha loogu cadeyeyo waa in uu yahay mid le'eg afka ilmaha. Hubso in uu burushku gadhayo ilkaha danbe.
-  Burushka ilkuhu waa in uu ahaadaa mid jilicsaan, si uusa waxyeelo u gaadhsin cirridka iyo ilkahaba.
-  Burushka ilkuhu sidadisu waa in uu ahaadaa mid weyn oo si dhib yar loo qabsan kaaro.

Goormaa la iska beddelaa burushka ilkaha?



Burushka ilkaha ee ilmaha waxaad bedeshaa marka xasawda kala firidho ama sidan oo kale u ekaato.

Burushka ilkaha ee ilmaha mar kasta si dhakhso ah ha loo beddelo, sababtoo ah si degdeg ah ayey u dhammaadaan.

Waxaad raadsataa dawada ilkaha kan ugu haboon.

-  Waxaad soo gadataa dawada ilkaha oo leh FLUORIDE, taas waxay ilkaha kala dagaalameysaa bololka.
-  Xulo dawada ilkaha oo aan si sahal ah ku xoqmaynin-la tasho dhakhtarkaaga ilkaha.
-  Waxaad doorataa mid dhadhan wanaagsan leh, laakiin AAN SONKOR LAHAYN.

Laga bilaabo marka uu ilmuu dhasho ilaa iliga koobaad u soo baxayo:



-  Marka ilmaha unto la siiyaba, waxaad cirridka iyo dhabanada ugu nadiifiya maro qoyan.
-  Ilmaha ha seexin isagoo haysto dhalo caano ah amase juus. Taasi waxay keeni kartaa caado xuun oo sabaabi kartaa in ilamaha ilkaha ugu horreeya ay bolol noqdo.
-  Waxaad isku deydaa in aad ilamaha ka goysid dhaladda, markuu hal sanno gaadho. Arrintaasu waxay ilmaha ka badbaadineysaa in ilkuhu ka bololaan.
-  Waxaad ka ilaalisaa ilamaha in una si xad dhaaf ah u jaqiina suulka, ama lastiga taasoo keeni karta ilko raaran.
-  Marka ilmaha ilkaha koobaad ay u soo baxaanba, waxaad ugu cadeydaa burush jilicsaan iyo xoogaa yar oo dawada ilkaha oo leh FLUORIDE.

Iliga kobaad kedib:

-  Ilmaha ha seexin isagoo haysto dhalo caano amase juus. Taasi waxay keeni kartaa in ilmaha ilkuhu ka bololaan.
-  Ilakha waa in la cadeyaa maalin kasta laba jeer, gaar ahaana subaxdii iyo in ta aan la seexan ka hor. Haddii ay suurtogal tahayna waa in mar kasta oo wax la cuno ilkaha la nadiifiya.
-  Ilmaha yar si uu kalsooni u yeesho waa in loo daayo in uu isagu cadeydo, haddii uusan si fiican u cadaynina ha loo dhammeystiro.
-  Si aad tusaale wacan ugu noqtid, mar kasta oo ilmahaagu cadeyneyo, adiguna cadeydo.

